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UNITED STATES OF AMERICA.

# CHOLERA:

PREPARATION FOR ITS

# Prevention and Cure.

*TESTIMONIALS OF DR. CYRUS HAMLIN, OF CONSTANTINOPLE, AND OTHER EMINENT MEN, WHO TREATED THE CHOLERA, WITH UNPARALLELED SUCCESS, IN EUROPE AND AMERICA, IN* 1848, 1855, *AND* 1865.

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*"One Ounce of Prevention is better than a Pound of Cure."*

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BOSTON:

ALFRED MUDGE & SON, PRINTERS, No. 34, SCHOOL STREET.

1866.

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# PREFACE.

The compiler of this pamphlet, which contains so much valuable information obtained from well authenticated sources, upon subjects of intense interest, is well aware he is not promulgating facts that have not already been before the public. But he is fully impressed with the belief that there are many persons and even educated ones, who have either forgotten, or cannot take the trouble to search for and collect the information, but will, if it be brought before them, feel gratified and thankful for the knowledge that is offered. Therefore he sincerely hopes the rules laid down for the prevention and cure of Cholera, will be carefully observed by every individual in the community, as it will save the lives of thousands should the Cholera prevail in our midst. "A word to the wise is sufficient."

# CHOLERA.

As the cholera is generally expected to visit America the coming season, many are already anticipating the event with a nervous and undue anxiety, as if it were sure to be a scourge and put their lives in imminent peril. Now, it is folly taking counsel of weak fear instead of listening to the instruction of good sense. The chief danger to be apprehended, should the disease make its appearance is, not from the disease, but from the want of preparation to receive it, and reckless and unwise conduct in dealing with it. Consequently, the important question is, not how we can escape the visitation altogether, but how can we *best* ward it off or reduce it to a light calamity on the whole. The first and most obvious answer to be given to this question is, we advise all to keep calm; be rational, and cultivate if they do not already possess it, *presence of mind.* But were the disease to prevail to an alarming extent with us, *this* would be the *right thing to say* and *emphasize.* Nobody ever yet escaped bodily ills by getting into a fright about them. *Self-posses-*

*sion*, the preservation of a cool, cheerful disposition, a firm steady will, often prove an overmatch for sickness. This is more than ever true when an epidemic prevails. Another piece of admonition to be volunteered here is, do not try to run away from the cholera, or hope to hide yourself where it cannot find you. The cholera is a traveller, and goes with the multitude, and will be as likely to catch you on the railroad, in hotels, at watering places, or wherever people congregate, as in your own house. If your house is in the city, or its neighborhood, the best thing you can do probably, is to stay at home. We have no fears that the cholera will spread amongst us extensively, or be very destructive, if the rules laid down in this pamphlet are strictly attended to.

The following remarks of Worthington Hooker, M. D., of New Haven, in connection with Dr. Hamlin's, will be worthy of notice coming from his pen at this particular time."

"Numberless facts have been gathered touching the question whether the cholera is a contagious disease — that is, whether it is diffused by some emanation from the bodies of the sick; and the conclusion seems to be clearly made out that, while it is now and then contagious, its ordinary means of diffusion is something wholly independent of contagion. In other words, it is contingently contagious; what the contingencies are

that make it so not being at all obvious. Observe the difference, in this respect, between such a disease as small-pox and cholera. The former is so commonly traceable from one person to another, that we properly conclude that it is diffused entirely by contagion. It does, indeed, spread more readily at one time than it does at another, becoming at times epidemic. Its diffusion, therefore, depends somewhat on contingencies; but this is not what is meant by the expression contingently contagious, which is so often applied to cholera.

In small-pox, we have a contagious influence always present as the *essential* means of propagating the disease, the efficiency of whose action is indeed varied by circumstances; but in the case of cholera, the contagious influence is not essential, but is only *occasionally developed*, so as to act in connection with that other mysterious cause (whatever it may be) which ordinarily spreads the disease. I say, whatever it may be; for we do not know what it is, no test, chemical or otherwise, having ever detected it.

Though we know absolutely nothing of the nature of this cause, we do know what are the circumstances which strongly favor the action of it and of the adjunct contagion that now and then accompanies it. These are, intemperate habits, especially in drinking, personal uncleanliness, uncleanliness around habitations and in streets, deficient ventilation, insufficient, poor, and poorly-

prepared food, &c.—in short, all those causes, which have been found, by recent investigations in London, New York, and other large cities, to subject the inhabitants of certain quarters in them so largely to fevers and other diseases.

From what has been said, it is easy to see what we should do by way of prevention. First, as individuals, we can have such personal habits as will put us in the best possible condition of health, and can remove all nuisances, small as well as great, from about our dwellings. Then, as members of the community, we can exert our influence in favor of the adoption of all measures directed to the removal of the circumstances which so decidedly promote the diffusion of the disease. Such measures are too often neglected, while money and labor are too disproportionately expended on quarantine regulations, which can have, at best, but little influence.

"Philadelphia and New York were once put in strong contrast in regard to the results of measures for preventing the spread of cholera. Philadelphia went into a general cleaning up, which New York neglected; and the result was that in Philadelphia there were about 700 deaths by this disease, and in New York, 5,000. To say nothing of humanity, it would be excellent economy for any city to incur large expense, by way of preparation for the cholera, in abating nuisances, using that term in its widest sense. And if politicians and others could be brought to look things fairly in the face

and to desire honestly the public welfare, the best and most important of all measures would be adopted, viz.: the shutting up of all drinking-places. I speak advisedly; for an abundant and multiform experience testifies that the drinking-shop is the chief propagator of the cholera, directly, by the intemperance it produces, and indirectly, by the nuisances which so cluster in and about the habitations of its victims. But such a consummation as the abating of this worst of all nuisances is not to be expected at present; and partisan politics, love of gain, and fleshly appetite will still conspire to sustain the dram-seller in his daily work of destruction, and in throwing victims into the jaws of the pestilence, whenever it shall come. Secondly, do your duty in the care of the sick, and do not be frightened out of it by the bugbear of contagion, so much conjured up by alarmists. Physicians and nurses are not apt to be attacked with the disease, as they certainly would be, if it were very contagious. Thirdly, believe in no vaunted specific; for it is one of the saddest of the facts developed in cholera epidemics, that many are the victims of the abundant quackery that so unrelentingly pursues its mercenary ends in the midst of scenes of suffering and death. Fourthly, live regularly and on food that is readily digested, not however restricting yourself to so very few articles as some prescribe. All the articles of diet ordinarily used by a rational and moderate liver, may be eaten by any one in good health

during the epidemic. Good ripe fruit should not be excluded from the regular diet. An unnatural restriction is really injurious to the health, predisposing, therefore, to the disease."

When cholera is prevalent, there are many affected with the symptoms of cholera or cholerine, who must, from various causes, fail to have medical advice,—especially among the ignorant poor. Here, then, is an excellent opportunity for benevolent persons to do a great work. By following the direction for stopping the incipient diarrhœa or cholerine, with the Mixture No. 1, let them go from house to house, and administer the remedy. Such an effort as this, systematically pursued, would very soon limit the ravages of the disease, not only from the direct influence of the remedies, but also from the cheerful confidence engendered in the poor by the sympathy and aid afforded them by those who are in a better condition of life.

## THE CHOLERA.

Dr. Hamlin the well known missionary of the American Board of Constantinople, writes the following interesting communication. His experience with the cholera, and the high esteem in which he is held, render his remarks on this subject at this time invaluable.

The cholera which has just left us after committing

fearful ravages, is making its way into Europe, and will probably cross the Atlantic before another summer has passed.

Having been providentially compelled to have a good degree of practical acquaintance with it, and to see it in all its forms and stages during each of its invasions of Constantinople, I wish to make to my friends some suggestions which may relieve anxiety, or be of practical use.

1st. On the approach of the cholera, every family should be prepared to treat it without waiting for a physician. It does its work so expeditiously, that while you are waiting for the doctor it is done.

2d. If you prepare for it, it *will not come.* I think there is no disease which may be avoided with so much certainty as the cholera. But providential circumstances, or the thoughtless indiscretions of some member of the household may invite the attack, and the challenge will never be refused. It will probably be made in the night, your physician has been called in another direction, and you must treat the case yourself, or it will be fatal.

3d. *Causes of attack.* I have personally investigated at least a hundred cases and not less than three-fourths could be traced directly to improper diet, or to intoxicating drinks, or to both united. Of the remainder, suppressed perspiration would comprise a large number. A strong, healthy, temperate, laboring man had a severe

attack of cholera, and after the danger had passed I was curious to ascertain the cause. He had been cautious and prudent in his diet. He used nothing intoxicating. His residence was in a good locality. But after some hours of hard labor and very profuse perspiration, he had lain down to take his customary nap right against an open window through which a very refreshing breeze was blowing. Another cause is drinking largely of cold water when hot and thirsty. Great fatigue, great anxiety, fright, fear, all figure among inciting causes. If one can avoid all these he is safe from the cholera as from being swept away by a comet.

4. *Symptoms of an attack.* While cholera is prevalent in a place, almost every one experiences more or less disturbance of digestion. It is doubtless in part imaginary. Every one notices the slighest variation of feeling, and this gives an importance to mere trifles. There is often a slight nausea, or transient pains, or rumbling sounds when no attack follows. No one is entirely free from these. But when diarrhœa commences, though painless and slight, it is in reality the skirmishing party of the advancing column. It will have at first no single characteristic of Asiatic Cholera. But do not be deceived. It is the cholera nevertheless. Wait a little, give it time to get hold, say to yourself "I feel perfectly well it will soon pass off," and in a short time you will repent of your folly in vain. I have seen many a one commit suicide in this way.

Sometimes, though rarely, the attack commences with vomiting. But in whatever way it commences it is sure to hold on. In a very few hours the patient may sink into the collapse. The hands and feet become cold and purplish, the countenance at first nervous and anxious, becomes gloomy and apathetic, although a mental restlessness and raging thirst torment the sufferer while the powers of life are ebbing. The intellect remains clear, bnt all the social and moral feelings seem wonderfully to collapse with the physical powers. The patient knows he is to die, but cares not a snap about it.

In some cases, though rarely, the diarrhœa continues for a day or two, and the foolish person keeps about, then suddenly sinks, sends for a physician, and before he arrives "dies as the fool dieth."

## COURSE OF TREATMENT.

1st. *For stopping the incipient diarrhœa.* The mixture which I used in 1848 with great success, and again in 1855, has, during this epidemic, been used by thousands, and although the attacks have been more sudden and violent, it has fully established its reputation for efficiency and perfect safety. It consists of equal parts by measure of 1. Laudanum and Spirits of Camphor. 2. Tincture of Rhubarb. 30 drops for an adult, on a lump of sugar, will often check the diarrhœa. But to

prevent its return, care should always be taken to continue the medicine every four hours in diminishing doses, 25, 20, 15, 10, 9, when careful diet is all that will be needed.

In case the first dose does not stay the diarrhœa, continue to give in increasing doses 35, 40, 45, 60, at every movement of the bowels. Large doses will produce no injury while the diarrhœa lasts. When that is checked then is the time for caution. I have never seen a case of diarrhœa taken in season which was not thus controlled, but some cases of advanced diarrhœa, and especially of relapse, paid no heed to it whatever. As soon as this becomes apparent, I have always resorted to this course: Prepare a teacup of starch, boiled as for in use in starching linen, and stir into it a full teaspooonful of laudanum for an injection. Give one-third at each movement of the bowels. In one desperate case, abandoned as hopeless by a physician, I could not stop the diarrhœa until the seventh injection, which contained nearly a teaspoonful of laudanum. The patient recovered, and is in perfect health. At the same time I use prepared chalk in 10 grain doses, with a few drops of laudanum and camphor to each. But whatever course is pursued it must be followed up, and the diarrhœa controlled, or the patient is lost.

2d. *Mustard poultices.* These should be applied to the pit of the stomach, and kept on till the surface is well reddened.

3d. The patient, however well he may feel, should rigidly observe perfect rest. To lie quietly on the back is one-half the battle. In that position the enemy fires over you, but the moment you rise you are hit.

When the attack comes in the form of a diarrhœa, these directions will enable every one to meet it successfully.

4th. But when the attack is more violent, and there is vomiting, or vomiting and purging, perhaps also cramps and colic pains, the following mixture is far more effective and should always be resorted to. The missionaries Messrs. Long, Trowbridge, and Washburn, have used it in very many cases and with wonderful success. It consists of equal parts of Laudanum, Tincture of Capsicum, Tincture of Ginger and Tincture of Cardamom seeds. Dose, 30 to 40 drops, or half a teaspoonful in a little water, and to be increased according to the urgency of the case. In case the first dose should be ejected, the second, which should stand ready, should be given immediately after the spasm of vomiting has ceased. During this late cholera seige no one of us failed of controlling the vomiting and also the purging by, at most, the third dose. We have, however, invariably made use of large mustard poultices of strong pure mustard, applied to the stomach, bowels, calves of the legs, feet, etc., as the case seemed to require.

*Collapse.* This is simply a more advanced stage of

the disease. It indicates the gradual failing of all the powers of life. It is difficult to say when a case has become hopeless. At a certain point the body of the patient begins to emit a peculiar odor which I call the death odor, for when that has become decided and unmistakable, I have never known the patient to recover. I have repeatedly worked upon such cases for hours with no permanent result. But the blue color, the cold extremities, the deeply sunken eye, the vanishing pulse are no signs that the case is hopeless. Scores of such cases in the recent epidemic have recovered. In addition to the second mixture, brandy (a table spoonful every half hour), bottles of hot water surrounding the patient, especially the extremities, poulticings and friction will often in an hour or two work wonders.

*Thirst.* In these and in all advanced cases thirst creates intense suffering. The sufferer craves water, and as sure as he gratifies the craving the worst symptoms return, and he falls a victim to the transient gratification. The only safe way is to have a faithful friend or attendant who will not heed his entreaties. The suffering may be, however, safely alleviated and rendered endurable. Frequent gurgling the throat and washing out the mouth will bring some relief. A spoonful of gum arabic water, or of chamomile tea may frequently be given to wet the throat. "Lyndenham's White Decoction" may also be given both as a

beverage and nourishment in small quantities, frequently. In a day or two the suffering from thirst will cease. In a large majority it has not been intense for more than 24 hours.

*Diet.* Rice water, arrowroot, Lyndenham's White Decoction, crust water, Chamomile tea, are the best articles for a day or two after the attack is controlled. Chamomile is very valuable in restoring the tone of the stomach.

*The Typhoid Fever.* A typhoid state for a few days will follow all severe cases; there is nothing alarming in this. It has very rarely proved fatal. Patience and careful nursing will bring it all right. The greatest danger is from drinking too freely. When the patient seemed to be sinking, a little brandy and water or arrowroot and brandy have revived him. In this terrible visitation of the cholera, we have considered ourselves perfectly armed and equipped, with a hand bag containing mixture No. 1, mixture No. 2, (for vomiting, etc.,) a few pounds of pounded mustard, a bottle of brandy and a paper of Chamomile flowers, and a paper of Gum Arabic.

I lay no claim to originality in recommending this course of treatment. I have adopted it from suggestions of able and experienced physicians. Having been the only doctor of many poor families living near me, I have tried various remedies recommended by physicians, but I have found none to be at all compared with

the above. During the recent cholera I cannot find that any treatment has been so successful as this.

*Contagion.* The idea of contagion should be abandoned. All the missionaries who have been most with the most malignant cases day after day, are fully convinced of the non-contagiousness of the cholera. The incipient attacks which all have suffered from are to be attributed to great fatigue, making the constitution liable to an attack.

An article from the pen of an eminent practitioner is worthy of notice, and the experiment worth trying should there be cause for it.

Allow me to relate the results of my experience during the visitation of this horrible malady, in 1832, when, as a chemist, I laid myself out for a close examination into the cause, mode of propagation, and check for it. For this purpose I obtained information of and visited in person all the earliest cases which showed themselves in this city generally, and in each and great public establishments in particular. For some time I attended almost daily at the cholera hospitals, and experimented, in every way I could think of, upon the dead and living subjects, their contents and ejecta, the atmosphere surrounding them and their articles of clothing. The conclusions I arrived at, I forwarded for the information of those who have not had the same opportunities.

1. That the cause of Cholera is a putrid animal

poison, capable of being recognized by the smell, by some, emanating from, and surrounding the dead or living cholera subject or articles of clothing.

2. That it is not sulphuretted hydrogen or hydrosulphuret of ammonia, as it does not decompose salts, or lead, or zinc, and when passed through nitrate of silver it only forms a red solution when exposed to light.

3. That it is only received into the living body through the lungs, and cannot be propagated by inoculation.

4. That the affection can be conveyed by articles of clothing, bedding, &c.

5. That all persons are not equally liable to infection from equal exposure, and even the same individual becomes more sensitive under certain circumstances.

6. That the poison is destroyed by chlorine gas and heat of 300 degrees Fahrenheit. As the object of the present communication is merely to give the public opinion a right direction, so as to help the future boards of health to combat this insidious and powerful enemy, I must at once state that the two most popular disinfectants of the day,—the chloride of zinc and the nitrate of lead, known as Sir W. Burnett's and Le Doyen's,—will be of no avail, though they will promptly remove ordinary putrid effluvia. The only chemical preventive I depended upon in my numerous exposures to the virus was chlorine gas, and this I believe to be a perfect one

if the fumigation is complete. I invariably passed through an atmosphere of it on my return home, and kept it escaping in my residence during the continuance of the disease in the city. I also placed large quantities of the substance for the evolution of this gas in the hands of a Bristol druggist, who was kind enough to distribute 1200 quantities of it gratuitously to applicants during three days, with instructions for the use, and I am happy to say that during that time the deaths fell from *ten* to *one per day;* and I have but little *doubt* that if every *ship* arriving from any *infected place* should be exposed to a perfect fumigation with chlorine, we shall be preserved from the infection. If the disease should pass this cordon by any accident, then every house in the infected place should be simultaneously fumigated with it, say three times a day. Unless done in all houses at the same time it would be useless, or nearly so; and to do it effectually, a mixture of three quarts of common salt and one of black oxide of manganese, should be placed just inside the outer or street door of the dwelling-house, and a little common vitriol poured upon it. The inward current of air will convey the chlorine gas to every part of the interior, and wherever it can be smelt the effect is produced,—the miasm is destroyed.

If articles of clothing are infected, and the colors likely to be injured by the gas, they may be heated in an oven or on a kiln to 250 or 300 degrees, (about the

heat of baking bread,) when they might be handled or used with perfect impunity.

## THE CHOLERA.

In reference to this subject we have been favored with the following extract of a letter from St. Petersburg, written by a gentleman well-known in Manchester to the firm here, in which he is a partner: "A very important discovery has been made here very recently, which clearly proves that the malady is in the air, and that therefore quarantines are utterly useless. The air here has had a very singular effect on the magnetic power. Whilst the cholera was at its height, the action of the magnet was nearly neutralized; which, now the disease is gradually subsiding, assumes, by degrees, its former power. A magnet block which used to carry eighty pounds would, during the worst time of the cholera, not carry above thirteen pounds. Its strength has now increased again to sixty pounds. The electro-magnetic telegraph at one time would not work at all."

[*Eng. Paper.*

Much has been said already upon cleanliness, and every person should be thoroughly impressed with the knowledge that it acts as a powerful influence on the health and preservation of the body. Cleanliness in our gar-

ments, as well as in our dwellings, which prevents the pernicious effects of dampness, of bad smells and of contagious vapors arising from substances abandoned to putrefy. Cleanliness keeps up a free perspiration, renews the air, refreshes the blood, and even animates and enlivens the mind. Hence we see, that persons attentive to the cleanliness of their persons and their habitations, are in general more healthy and less exposed to diseases than those who live in filth; and it may moreover be remarked that cleanliness brings with it, throughout every part of the domestic discipline, habits of order and arrangement, which are among the first and best methods and elements of happiness. Superior cleanliness often attracts our regard more than even finery itself, and often gains esteem where the other fails.

## DIET.

Perhaps some of our readers would like to know Mr. Graham's rules for diet during cholera times. "Nearly four months before the cholera appeared in New York, Mr. Graham gave a public lecture in that city, in which he contended that an entire abstinence from flesh-meat and flesh-soups, and from all alcoholic and narcotic liquors and substances, and from every kind of purely stimulating substances, and the observance of a correct general regimen in regard to sleeping, bathing, clothing, exercise, the indulgence of the nat-

ural passions, appetites, &c., &c., would constitute the surest means by which any one could rationally hope to be preserved from an attack of that disease. Mr. Graham repeated the lecture after the cholera had commenced its ravages in the city, and notwithstanding the powerful opposition to the opinions which he advanced, a very considerable number of citizens strictly adhered to his advice. And it is an important fact, that of all who followed his prescribed regimen uniformly and consistently, *not one fell a victim to that fearful disease*, and very few had the slightest symptoms of an attack." Another writer, who was very successful in his treatment of the cholera in Germany, says diet should be very strict; fish, (eels particularly), fruits, salads and fresh beer are injurious; diet should be light and nutritious. Cleanliness must be particularly observed, fresh air inhaled, dwellings and bed-rooms well-ventilated.

Eat Light Suppers. Dr. Childs, in his treatise on indigestion, recommends light suppers to prevent morning biliousness. He says, that after fasting, the liver is most fully charged with bile; and as the period of longest abstinence is between the evening meal and breakfast, it follows that there will always be toward morning a natural accumulation of bile, which may produce morbid voracity. Hence, many who are bilious in the morning, feel themselves relieved after breakfast — in other words, after some bile has been drained from the liver.

## SPECIAL RULES FOR THE PREVENTION OF CHOLERA.

We urge the necessity in all cases of diarrhœa, cholera-morbus, and cholera, of instant medical aid. Therefore it becomes necessary for every household to see to it, that they have constantly on hand the medicine mixture No. 1 and No. 2, that was used with so much success by Doctor Hamlin, of Constantinople, for cholera. Immediate attention should be paid to a disordered state of the bowels however slight. Invasion of the cholera may thus be readily prevented. People should avoid excessive fatigue and exposure to damp and cold, during the night. The use of cold drinks and acid liquors should not be used under fatigue, or when the body is heated. Cold acid fruits, and vegetables, are to be avoided. The use of ardent and fermented liquors and tobacco is injurious. Poor diet, and the use of impure water for cooking and drinking, should be avoided. Let the wearing of wet and insufficient clothes be avoided, and be particular to wear flannel, (red is the best), around the bowels. These rules, with personal cleanliness, carefully observed, will not only tend to keep off cholera, but many other diseases with which the human family are afflicted. "All men think all men mortal but themselves."

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